HEALTH

Food, its Quantity and Quality.

The conrection between life and nutrition is so close and inseparable, that the centinmance of the fermer depends upon the supply of the latter. The variation and form of life, whether animal or vegetable, depends upon the quantity and quality of nutrition with which it is supplied.

We are readily able to judge of the quantity and quantity of neurlehment supplied to a vegetable that we are caring for, and will at once decide whether the supply is normal, insufficient or in excess of the nutrition necessary. Every living organism demands its ewn peculiar supply designed for it by the laws of nature. When the natural supply is normal in all respects, the life is healthy. The same law holds good in the higher order of life that we observe in the lower. Insufficient alimentation in the vegetable kingdem is fellewed by censequences which we are not liable to misunderstand. There is less of health and vigor, a gradual shrinking, and if the precess is permitted to go en, death eccurs. A great excess of even the natural nutrition tends to the same result. A marked departure in either direction from the normal standard of supply will, with very few exceptions, be fellowed by a marked departure from the normal standard of

In man the effect of ever-eating or undereating is not so observable, owing to the more complex nature, still the same rule doubtless helds goed. It is needless to mention that brutes suffer frem impreper feeding and particularly ever-feeding. Excessive alimentation in the human being is fellowed by the same baneful censequences. Is it not a fact that the generality of people eat teo much? Very few eat tee little. It is a cemmen place apherism : "He eats se much that it makes him poor to carry it." As a rule, a large, lean, cadaverous-leoking man, is an immederate eater, whilst the mejerity of our robust and healthy men are moderate consumers of feod, or are what we call small caters. The reason of this is plain. He who cats more than is demanded by nature, imposes a heavy strain on the organs involved in the process of digestion and elimination. The stomach, for instance, is capable of doing a certain amount of work, hence if ever-taxed unduly, the result seener or later will be imperfect digestion, impure bleed, disordered functions, and gradual less of viger and strength. As certain as we everstep the bounds of nature and evertax our stomach fer eur palate's sake, we begin te sew the seed of disease. Certainly the stemach is a remarkable organ, and able to resist the assaults of imprudence with wenderiul courage, but its power of endurance will not withstand every imposition heaped upen it, and soener or later it will succumb to the ferce of the unrelenting everwork. The physician should be as careful in re-

gard to the treatment of over-fed and underfed patients, as in the quantity and kind of medicine used in the treatment of a special disease. It is too common an error, when we see patients emaciated, to advise abundance of neurishing tood, while probably it is a well-laden table that is at the foundation of the cendition sought to be relieved. There is far more danger from ever indulgence than under-eating. Although we desire to impress the fact that ever-eating is commen and should be strictly guarded against, we are not unaware of the existence of underfed er half-starved people, but this is by ne means as common an evil, and very little disease is traceable thereto.

Geethe says " man is what he eats."

Of the adult men living in cities one-half are estimated to be bald.

The best test of the mother's milk is the fact that the child thrives er dees net thrive Caulephyllum is a valuable remedy in rheumatic troubles of the hands and feet. especially of the smaller joints.

It is claimed that the popular drink of the future will be milk charged with carbonic acid gas. Milk se charged keeps well.

Of 25 censumptives treated at the Adirendack Sanitarium two have died, four have shown no improvement, eight are still under treatment, and 12 have been apparently restered to health.

Den't ferget to effer the baby pure cold water several times a day these warm days. Den't give it the nursing bottle when it is thirsty. It needs water just as much as you

We notice in one of our Southern centemperaries that the white teeth of the negro is said to be due to the excess of white bleed eorpuscles. We can new account fer the " white livered" negrees.

A human skeleton weighs from ten to sixteen pounds, and the bleed of the bedy about twenty-eight pounds; but cremation reduces the whole to no more than eight ounces; all else is restored to the gaseous elements.

The early appearance of the chelera this year in se many scattered and distant parts of Italy is of bad omen, and a rapid and extensive diffusion of the epidemic with the increasing summer heat is almost inevitable.

Never was there a mere pernicious netion than that wine, ale or perter is necessary to a nursing woman in order to keep up her strength, or to increase the quantity or to improve the nutritive qualities of her milk,

LOTION FOR SUNBURN. — Take of powdered berax and glycerine, each six drams; resewater or elder-flower water, twelve ounces. Mix. The daily application of this letion to the face and hands will keep them white and clean by its excellent cleansing properties, will prevent chaps, and remeve sunburn.

Statistics tell us that of one thousand children born ene hundred and fifty die within twelve menths. This gives us a faint idea of the vast amount of ignorance prevalent in the care of infants. We believe that by intelligent care the usual infant mertality could be reduced two thirds.

The British Medical Journal "Infallible" says : "The best remedy for worms is a pewder, centaining from three to five grains of santomine, according to age, and a fourth of a grain of calemel, Prepare six; the first two powders to be taken at twelve hours interval and the remainder at twenty-four hours interval, fellowed by a dese of caster

BURNS AND SCALDS.—Cover the injured | it again, I'll break your neck,"

part with a cloth soaked in ell, and ever this place seme cotton wool, the object being to exclude the air and keep the part warm. The pain of slight burns or scalds may be cased by dusting them with floor. When severe er extensive, further surgical treatment le required.

LATE DOMINION NEWS.

Lebsters are selling in Charlettetown, P. E. I., at four to eight cents each.

A school for the blind was opened the

other day at Halifax, N. S. Young wemen smeking cigars attended a circus at Charlettetewn, P. E. I., re-

cently. Mr. Stewart Cumberland has been "mindreading" at Halifax, N. S., to semewhat small houses

Mr. John Hill, of West Garafraxa, has two lambs of the Shropshire breed which weighed 125 pounds each when four and a halt menths eld.

A two year eld child of F. X. Beule, of Welden, Que., a few days age was found dead in a barrel which had been sunk into a spring of water.

Mr. John T. Rewe, of Charlettetown, P. E. I., exhibits a cucumber weighing five pounds two ounces, and measuring two

feet feur inches in circumference. Diphtheria is said to be making sad havec among the children around Mira Gut, and that it has also broken out near Cow Bay

and Bridgeport, Neva Scotia. The first liquid fish glue ever manufactured on Canadian territory was sent by a recent steamer by Messrs. Chase & Co., of St. John, N. B., to Lenden, England.

Sharks are said to be quite numerous of Tracadte, A fisherman caught one there the other day, in about 17 fathoms of water, which measured ever five feet in length.

A bear, weighing upwards of 350 lbs., was killed the other day near South Mountain, N. S. Bears are new semewhat numereus in the vicinities of Yarmouth and Grand Pre.

Two Lunenburg scheeners passed through the Strait the other day on their way home from Labrabor. They report the Labrader cod fishery a total failure, and were only able to secure one-third of their cargoes.

Col. Gleder, the Arctic explorer, has a personal knowledge of the Hudson's Straits. and he is firmly convinced that they are navigable even by sailing vessels during a considerable pertion of the year.

Jeseph Manders died at Grey Nunnery, at Montreal, on Friday last, aged 106 years, 4 menths, and 17 days. He was bern in Portugal, in April, 1780, and, when a seldier in the Peninsular war, was taken prisener by Napeleen.

Masked men entered the house of Mr. John Wright at the Barter Settlement, N. B., last week, and presenting a revolverat the head of Mr. and Mrs. Wright compelled them to hand ever \$1,000 in Amerrican and English gold, teir entire savsavings for years.

On the let inst. asen of H. Haddeck, a farmer near Mentreal, was accidentally thrown from a herse that he was hurriedly riding, striking the back part of his head against a jagged reck, making an ugly wound and severely fracturing the skuil. The young man's condition is precarious, medical epinien being deubtful about his recovery from the dangerous injuries doubtful.

A Gaspe correspondent writes of the Island of Anticosti :- "The Island is a terrible place fer emigrants to settle en. where hardship and hunger are sure to accempany them. Better far for poer emigrants in Europe to beg their bread among their kith and kin than to leave heme and friends in search of fortunes on Anticesti, whence the Government will be obliged to remove them ere they die of starvation."

Tens of thousands of blackbirds, flying in one flock in a south-easterly direction from Wardsville, was a sight not often witnessed which happened one day recently. Hundreds of them alighted on a large tree in the English Church parsonage for a few seconds, and then were off again, while others took their places, and they in turn, after a few seconds rest, fellowed their companions. The noise made by the chirping of the birds and the fluttering of their wings could be heard for a considerable distance. Blackbirds have also been seen in large numbers in other places.

Fishermen tending nets in the vicinity of Cape Sabiz have been much annoyed lately by sharks constantly swimming around their beats and devouring the dead herring which happened to drep out of the meshes. On Friday last they invaded a large extent of the cod fish ground, and front were Johnny's pa and ma, and behind some narrow escapes of ushermen are reported. One fisherman had to change his been to church, and the man sitting beside ground to get clear of a shark described as ever twenty feet leng and bent en mischief. Another person out in a small skiff had to call a beat to his assistance to prevent his craft being capsized and to aid him in beating off a huge shark which seemed determined to sample him,

A remarkable instance of presence of mind was displayed by a gentleman in Hull the other night, and which, although imperilling himself, in all prebability prevented another widespread and disastrous cenflagration. It seems that Mr. Wm. McEwan. a grocer, was handling a barrel of highwines when the spigget fell out and a quantity of the liquid flew out of the hole and, netwithstanding that both hands were sevverely burned, he kept it there until the flames were extinguished. If the flames had reached the centents an explosion must have ensued, and as the store was merely a frame building, similar to all the surrounding houses, a disastrous fire would in all prebability have resulted.

An Exaggerating Family.

"Father, I den't want to saw any weed today; yesterday I sawed about a thousand cords and mether made me walk a hundred miles and carry three or four barrels of water for her. I haven't had a heliday for ten years. Lat Jim saw seven or eight hundred cords of wood for a change."

"William, you must cease this exaggerated way of talking. I've speken to you about it a million times, and if I have to do

YOUNG FOLKS.

Told for Ida.

Once upon a time there lived a princess. She was a very pretty little girl, with eyes as blue as the violets that grow by the meadewbreek, and cheeks as pink as wild roses, and bair as golden as sunshine. And all the peop's loved this little princess because she was so kind and leving and levable. But she had one great fault, and that was,

-Pro-cras-ti-na-tion. Semetimes this little yellow-haired princome would be playing with her dells or reading a story-book, when her mamma

would say,-" Ida, dear, run upstairs and fetch me speol of silk from my table," And Ida would answer, with a sweet emile,-

"In a minute, mamma." One minute would go by, and another, and a great many more.

" Will you get my silk, Ida ?" "Oh yes, mamma, as seen as I finish this chapter.

" Naw, Ida." "In just a minute, mamma." But the chapter was sure to be finished, with perhaps another one, before the silk would be fetched,

It was not only ence, but all the time. "What can I de !" sighed the queen, so her trusty counseller. "I must break her of this dreadful habit some way, or when she comes to rule a kingdom of her own, all will go to wrack and ruin. What can I

"Teach her a lesson, year Majesty," said the trusty counseller, gruffly. "Teach

her a lessen—a good lessen, And one day the queen remembered her trusty counseller's werds. The little prin cess came bounding in, to be dressed for a drive, with her blue eyes shining, and her yellew hair tessing about her face, and her cheeks yinker than usual, which is saying a good deal.

"Wa're going up to the Mountain Castle for lunch, mamma," cried she, " and home around by the lake! And Lillian says her uncle can't wait but a minute, and wen't you hurry, mamma, and get me dressed ?"

Mamma, the queen, was reading a book, and she hardly raised her eyes from it, but answered, with a smile,-" In a minute, dear.

So the little princess fidgeted restlessly from one foot to another for what seemed te her a leng, long time.

"Wen't you, mamma?" "Oh yes, dear; as seen as I finish what I am reading."

Wasn't it awful? The blue eyes of the little princess began to look like violets after a shewer; and the voice of the little princess trembled.

"But they can only wait five minutes, mamma," she pleaded. "Oh, de hurry! "Right away," answered mamma, calm-

But just then the little princes heard carriage-wheels relling down the avenue, and she burst into a cry of grief and dis-"O mamma, they've gene without me!

teld them to it I didn't ceme in five minutes. And they had checolate cake and jelly tarts for lunch! Oh dear me!" And then a flood of tears came. Mamma, the queen, couldn't help smiling a little, though she felt very serry, tee.

But she hoped this would be the lesson; and she took her little daughter en her knee, and talked to her about that old thief, procrastination, which is, you knew, a name for putting-off-till-by-and-by what should be done Low.

"You will try and do better, won't you, dear ?" said mamma, the queen, very tenderly; and the little princess, when her sebs were stilled, answered that she would

"But it's very hard to do things right off," said she, "unless it's things you want te de, mamma," "Right there selfishness comes in, dear,"

said mamma, " and selfishness will unleck the deer and let in a hest of other bad, bad faults." And then mamma, who could not bear to

punish her little giri tee much, ordered her own carriage, and away they sped after their friends.

Princess Ida is trying yet to de better ; she has set a guard ever those red lips of hers with strict orders not to let the treublesome words, "In a minute," slip by. And though she isn't perfect yet, we think she is almost as near that as it is possible fer any little girl to be.

Johnny Was Posted on Miracles.

Little Johnny Jerden was a passenger en a suburban train. Beside him sat a tall. selemn-leeking man with side whiskers. In him his aunt Hetty. The whele party had Johnny was the minister going out to spend the afternoon with the Jordens.

" My little man," said the minister to Johnny, "did you pay clese attention to the sermen?"

" Yeasir." "De you remember that I said semething about miracles?" " Yessir."

"Well, Johnny, de you know what a miracle is ?"

" Yessir."

" Tell me, please." "Well, all I know about it is ma said this morning that it would be a miracle if we could go to church ence without havin' the minister taggin' home with us to dinner. Se I guess this hain't no mir-"

" Johnny Jerdon! (from the front seat.) "Yes'm."

A Lightning Hair-Out.

A young woman in a country town in France was hurrying home during a thunder storm, shielding herself with an umbrella, when she suddenly experienced a strange and alarming sensation, the shock being simultaneous with a very vivid flash of lightning. She felt "quite upset," but proceeded on her way. On reaching home she removed her bonnet, when she discovered that her hair had been literally out off, her head presenting, as the hair fell, the same appearance as though it had been shaved with a razer. Her narrow escape produced such an effect upon the girl's mind that she has been confined to her bed ever since.

MADDENED BY BLAGARA

The Turmell of the Rapids Turas a Man's

of I have not the least doubt," said an pminent physician at a recent medical convention, " that at least one out of every ten of the people in this country live under some form of insanity. In some it becomes violent; in others noticeable; in others never known nor suspected, except there is what might be termed a collusion of circum-

stances." There have been some curious cases of this last species of insanity. Some seven or eight years age a well-knewn public efficial of the State of Ohio visited Niagara Falls with his family for a month's rest. He was nervous and worn out, and there were cortain business and political matters which fellowed him there and

COULD NOT BE SHAKEN OFF.

The gentleman did net realize that his nerves were at all shaken ; on the centrary, he prided himself in believing that he could endure more mental werry than three ordinary men. He had been at the Falls three er four days when he was joined by a Chicage capitalist. The two had a speculation together, and the details were to be settled

One day after dinner the pair went into Prespect Park and sat down on a bench fac- carried the balleen in term. ing the rapids, and not ever five feet from the water. When they had talked for an hour er se, the Ohie gentleman seemed to be semewhat excited in his speech and movements. He threw several sticks into the water, talked in loud tenes, and seen attracted attention. The capitalist

THOUGHT IT A BIT QUEER,

but felt no uneasiness until the other suddenly seized him in a tremendous grip and maid:

"Blank, you are a d-d secundrel, and I'm going to send you ever the falls !" The capitalist was the smaller and the weaker man, and he felt the hepelessness of the situation. He was gripped by the shoulders, but he used his hands to clench the seat behind him, and replied to the luna-

"I knew I'm a bad man, and you must give me time to pray."

"All right, all right," said the Ohioan : " you shall have two minutes for prayers, and then we'll go over the falls tegether. Say, Blank, you are a d-d good fellow, after all, and we'll go tegether.

The idea with the Chicage man was, of course, to gain time. The people who had been attracted by the leud talk had passed on, and it so happened that no one else came that way. He heped the lunatio would change his mind after two or three minutes, but instead of that he grew more impatient, declaring that they must hurry up er they would be too late. Despairing of aid from others, the capitalist finally said :

"See here, Mr. Blank, let's go up and | startled by a scofff; in the middle of the jump off the Goat Island bridge. We'll have further to swim, and I want to leave my wallet with some one."

"By George ! Good idea; come on !" | "I'm tired of riding." exclaimed the other, and they walked up the path and out of the park arm in arm. They were no sooner out of sight of the rapids than the Ohiean began to grow calmer, and as they bere eff toward the hotels

HE REMOVED HIS HAT,

scratched his head in a thoughtful way, and picked up the point he dropped a quarter of an hour before and went on debating the transaction as if nothing had occurred. An hour later, when asked if he was in earnest in threatening his friend, he was completely dumbiounded, nor could he be made to believe that anything of the sert had eccurred. Hewever, a dim suspicien that he might have been unduly excited by the rear and clash of the waters crept into his mind. He went down to the park alone, but returned almost at ence, his face very pale, his eyes betraying wildness, and his whole manner showing that he had passed through a severe struggle.

"I shall keep away from the water hereafter," he said to the capitalist. "I couldn't stay there five minutes without committing

suicide er murder."

The matter was of course kept quiet, even from his wife, but two years later, while the gentleman was making a trip on the Ohio River he was suddenly missed, and he has never been heard of since. The boat was racing with another, and the probabilities are that the excitement brought back his passion for self-destruction, and that he went everboard.

SOIENTIFIC AND USEFUL.

It cannot be too widely known that meat is semetimes made unwheleseme by the use of certain kinds of weeden skewers.

Experiments by M. Beuchut have preved that the tape-werm succumbs to the digestive action of pepsine in large doses, while the more highly-organized tissues of the stemach are unaffected.

To make a good black japan for small castings take of asphaltum half a pound; melt and add het balsam of capivi one pound; mix well and thin with eil of turpentine, Give three ceats, and dry in an even at be tween 250° and 300° Fahr. A very useful kind of varnish is described

by M. Leen Vidal, which is excellent for producing imitation ground glass, and will doubtless be found available for other parpeses. The fermula is-Sandarac, eighteen partn; mastic, four; ether, two hundred; benzel, eighty to one hundred parts. To make a waterproof paste to stick silk

en silk, macerate virgin rubber—caeutcheuc -cut into finest shavings with about tou times its weight of pure benzele in an open mouthed bettle set in het water-away frem fire—shake eccasionally, and add more benzole, if necessary, until a perfect solution is ebtained. The cement should not be used in such quantity as to delay drying.

By coating over the surface of glass mirrers with glycerine, their clouding by the accumulation of cendensed water vapour will be prevented for a considerable time. The attraction of the glycerine is so great for the water as to absorb the latter as fast as deposited. This hint may prove of great use to dentists, who are frequently troublet by the clouding of mouth mirrors, and d may also be of value to those who are compelled to shave themselves in chilly apert-

TWO BALLOON BIOL

In Hour's Ride that Turns in White-Getar by You In a talk with down

tures with het air ballan "We used to inflate the send them skyward sterey of the shew," he said, "," leens which ecourred is 1874 There was a large orond and a man we called B's 8 and the bag while it was believed believed by the bag while it was believed by the last the balleon bulged out men were holding the baller after he get outside the candy butcher named Mitabel him. Before any one could count in grabbed Mitchell, three bis hall and yelled 'Let go!' The ropes, the balleen shot slett bet and the ten thousand people the eyes as they saw it grow make the

until it was out of sight. 66 When the balloen was first all ward heaven Mitchell's head ever the edge of the baket a by Help, for God a sake!" What he floated beyond the range of risk men started nerthward—the my 6 eight or ten miles, and they found leen with the wretched Mitchell lessly in the backet on the back di Mitchell's hair had actually benefit frem fright in his hour's ride in the " Several years after that, in unti-

Big Smith was inside another ballen it was being inflated. After it rat hot air he crawled over the edge di ket and another man got in in through the ezone belt. Some way Let go !' The reps were loss one rope, on the side on which Sale getting out, teek a turn around is clutching him tightly, and as the shot skyward it teek Smith with the ankle. His terrified companies in the ket, who heard the cry of herrer that over the crowd, could not help hin, he changed his position the change that the basket would upset or that the would uncell. After about ten minus ballcon came down with Smith more and his head full of bleed. Hewere, covered, and is yet in the shew but

BRIDEGROOM JUMPS FROM TRAIN.

While on his Wedding Tour he less Crazy and Leaps to his Desti.

An exciting scene was witnessed a midnight express train while runing high rate of speed on the Lebanes Va Railread, ten miles frem Reading the night. The passengers were said A well dressed young man named led Brebst arose abruptly, and in a load of exclaimed:

His beautiful young wife beside him m ed him by the coat and said: "Stide

we'll soon be at Reading. "Net a bit of it, Gussle," he mi "I'm going no further; see the light to ing out yonder." He then made a harty move town

deor of the car, when his wife select in his coat and implered him to sit down, I other passengers in the car at first the it might simply be a personal misundering ing, and they made no effort to have Another lady of the party, a middle woman, named Mrs. J. C. High, left seat and ran to the wife's assistance, I seized the excited young man and told to be seated. By a powerful effort in away from the grasp of his wife, but h

High kept hold of his ceat. Brobst new became furious, and little dragged Mrs. High to the deer. The shouted for assistance, but before my had the courage to interfere Brebst ten coat, and thus get away from the la grasp. He leaped for the door, cryling

at the top of his veice ; "Goed by. Here she goes." The next second he jumped to the form, and in the next instant leaped off the darkness, while the train was speed en at thirty-five miles per heur.

The young wife fainted in her seat, her husband was being hurled headen down a twenty feet recky embankmen The train was speedily stopped, and victim was found dying among the boulded His face and bedy were herribly cut was brought to Reading, where he died St. Joseph's Hespital this merning. wallet contained \$300, was lest when by

jumped, and was not found. He was 30 years of age, and a handsom, well-built young man. He was married is Mise Gussie Leffler on the Wednesday pre vieus in West Point, Neb., and they were en their wedding trip to Slatington, north of Reading. His body was taken then where his parents live. The bride says she first noticed a change in her her band in Chicago. He had not been well, and had not eaten anything for three days The excitement of his wedding made very nervous. His mind gradually been unbalanced. He raved and spoke incoher ently, and at last jumped off the train.

Boys and Their Mothers.

Of all the leve affairs in the world, not can surpass the true leve of the big bey his mether. It is pure leve and noble, he eurable in the highest degree to both. net mean a dutiful affection. I mess which makes a bey gallant and courtees his mether, saying to everybedy plaint that he is fairly in love with her. the leve of a husband, nething so crows! Woman's life with honer as this second lens, this devetien of a sen to her. And I need yet knew a bey "turn out" bad who ber by falling in love with his mother. man may fall in love with a fresh faced git and the man who is gallant with the gir may ornelly neglect the worn and wife. But the boy who is a lover of his mother in her middle age, is a true knight who will love his wife as much in the set leaved autumn as he did in the district spring time.

Tae objection to most fish stories the fish are weighed in their own solk